

Army Community Service is pleased to again host the Devereux Foundation to provide information on Elder Care.

We will be hosting a Brown Bag Lunch Series. The following are the dates and topics—attend all or select which session(s) you would like to attend:

*3 Apr at 1130—Roundtable Support Group—Part I
Caregiver concerns and problems; symptoms, solutions, and support
Facilitated by Devereux Counseling Staff*

*26 Apr—Reducing Your Caregiver Stress—Part I—Laugh to Live!
Coping with Stress Through Laughter
by Jeannine Luby, comedy therapy facilitator*

*16 May—Reducing Your Caregiver Stress—Part II
Interactive session learning stress reduction
by Dr. Joanne Weiss*

*6 Jun—Monroe County Area Agency on Aging
Outline of specific community support
by Mrs. Sharon Miller*

*26 Jun—Roundtable Support Group—Part II
Caregiver concerns and problems
Facilitated by Devereux Counseling Staff*

Caring for an elderly or disabled dependent can be stressful at times. It can also effect your productivity at work. Join the presenters from Devereux Foundation and find out ways to help reduce your stress and to learn about resources that are available to you as a caregiver.

Session Locations:

Tuesday, 3 Apr at 1130-1200—Minisink Room, Bldg. 11
Thursday, 26 Apr at 1130-1200—Pocono Room, Bldg. 11
Wednesday, 16 May at 1130-1200—Pocono Room, Bldg. 11
Wednesday, 6 Jun at 1130-1200—Pocono Room, Bldg. 11

To register for a session(s) or to find out more information, please call Alecia Grady at X57069.

Sponsored by Army Community Service

